

HALIFAX



Thursday, January 19, 2012
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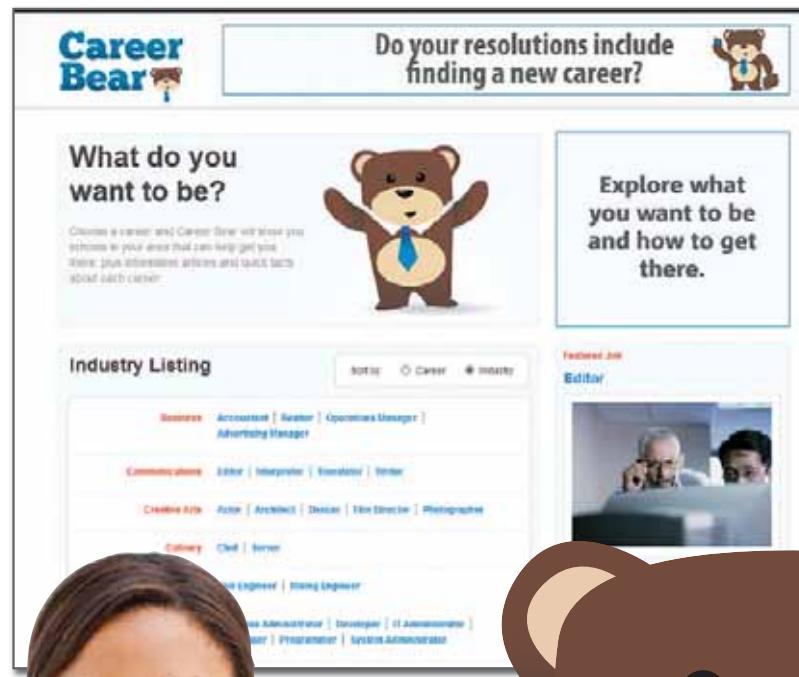
Many of these careers and others are often shrouded in mystery. For example, most people don't know how much a flight attendant makes, or what kind of training is required to become a paralegal. And even if you search around online, it's unclear from most websites how to take it to the next step if you want to pursue that career.

CareerBear.com aims to solve this problem. First, you select a career — any of those mentioned above, plus more in the fields of skilled trades, IT, creative arts, business, etc. Then the site provides you not just with quick facts and articles about how to make your move, but also suggests programs and schools in your area.

For example, let's say you wanted to learn more about becoming a pharmacy assistant. The site's "quick facts" tell you that employment prospects are good and articles let you know more about the job and some of the required skills you may not have guessed.

In addition, CareerBear.com automatically detects your location and suggests relevant training opportunities closest to your city.

If you have ever thought about changing careers or want to learn more about a different path, the site is definitely worth checking out.



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CareerBear.com features more than 40 different careers, sorted either by name or by industry.

The site lists programs closest to major cities Vancouver, Edmonton, Calgary, Winnipeg, London, Toronto, Ottawa, Montreal and Halifax.

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INFO BREWING
COFFEES COME WITH CRIME-PREVENTION SLEEVES {page 2}



BLINDING LIGHTS SINGER BACK ON TOUR

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News worth sharing.

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Nova Scotia poorer due to debt: AG

- Jacques Lapointe presents his first consolidated financial report to legislature
- NDP MLA pushes back on his findings

 ALEX BOUTILIER
@METRONEWS.CA

Is it right for us to be demanding services future generations will have to pay for?

That question is at the heart of a report presented by auditor general Jacques Lapointe to the Nova Scotia legislature's law amendments committee on Wednesday.

Lapointe's office presented its first stand-alone report on the province's finances through the lens of the effect of a \$13-billion debt on Nova Scotia's future financial health.

"At present, about nine per cent of revenue received by Nova Scotia (approximately \$860 million) is needed to pay interest on loans obtained to pay for services delivered in the past," reads Lapointe's introductory remarks. "In effect, we are all poorer today because of government spending in the past."

Nova Scotia's net debt has hovered around \$12 billion since 2001. In 2011, the net debt came in at \$12.8 billion. Lapointe emphasized

What debt costs

In Nova Scotia, the percentage of total government revenue spent on paying interest on the provincial debt has been on the decline over the past five years.

- 2007: 11.6 per cent (\$959 million)
- 2008: 10.3 per cent (\$954 million)
- 2009: 9.7 per cent (\$887 million)
- 2010: 9.2 per cent (\$850 million)
- 2011: 8.7 per cent (\$861 million)

the focus on the long-term effects of debt was not to indict any one government or party, but to draw attention to the larger issue.

"One of the things I wanted to do with the commentary is to generate dialogue ... and to get people thinking and talking about that issue in a slightly different way, and to not accept the way things have always been," Lapointe told reporters.

Over the past five years, the debt attributed to every man, woman and child in Nova Scotia has increased from \$13,205 to \$13,568.

The bottom line: For every dollar the provincial government collects in revenue, nine cents go to paying off past borrowing.

More coverage {pages 2 and 3}



Screened. Shot

Tigers can't claw out overtime win

RYAN TAPLIN/METRO



More smartphones are wielding video call technology, and it turns out a lot of us hate it. Scan code for story.

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On the web at metronews.ca



Investment adviser Allan Small has a few questions investors should ask about the state of the market in 2012. More at metronews.ca/investing

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Epstein to auditor: Who asked you?

ALEX BOUTILLER
@METRONEWS.CA

Halifax-Chebucto MLA Howard Epstein thinks the auditor general overstepped his bounds in offering economic and policy advice to government.

Epstein, the ranking NDP member at Wednesday's public-accounts meeting, offered Jacques Lapointe a 35-minute lec-

ture on a wide array of topics, from the causes of the world economic crisis to what's likely to happen with interest rates.

At issue was a report delivered to the committee on the province's financial situation on Wednesday, where Lapointe offered commentary on the challenges presented by long-term provincial debt.

"I think the auditor general strayed away from his original function of looking at the books of the province in order to give us auditing advice and moved himself really into the thick of economics and policy and political questions," Epstein said outside the committee. "(Lapointe) is not an economist and really tried to give us economic advice, and

that was inappropriate."

Finance Minister Graham Steele was slightly more diplomatic in his reaction to the report.

Steele said the government's commitment is not to pay off the \$12.8-billion debt, but rather to see a steady decrease in the debt-to-GDP ratio, which he called a more reasonable measure of financial health.



► Howard Epstein

Coffee shop serves up crime tips

► **Dalhousie and Halifax Regional Police split cost of \$2,000 for 26,000 coffee sleeves with messages**

JENNIFER TAPLIN
@METRONEWS.CA

How about cream, sugar and a crime-prevention message with your coffee?

Halifax Regional Police, Dalhousie University and Coburg Coffee in downtown Halifax launched a pilot project Wednesday, using coffee-cup sleeves to deliver police warnings.

"I've been challenged with new and innovative ways to get crime-prevention messages out to the public" said Supt. Don Spicer, HRM public-safety officer. "We find brochures have simply become white noise and they get very little attention."

Police issue warnings on Twitter, Facebook and YouTube, but something else was needed.

The idea sprang from the desire to get out warnings to young women in light of several sleep-

Messages

There are three different messages on the sleeves dealing with common crime in Halifax:

- Break-and-enters into homes.
- Vehicle thefts.
- Binge drinking and how it leads to liquor-related offences.

watcher incidents in the university area and other break-and-enters, many of which were accommodated by unlocked doors and windows.

"(In) a lot of the crime that happens in Halifax, young people are the victims, so we're taking it to the people who are most likely to be victimized," Spicer said.

A similar coffee-sleeve campaign was done in Eugene, Ore., and Spicer thought it would work ef-



► Alyssa Lewis pours hot chocolate at Coburg Coffee on Wednesday. The shop is taking part in a pilot project that will see crime-prevention messages printed on coffee sleeves.

fectively here, too.

It's a pilot project that will last as long as the sleeves do. Prevention programs are always hard to evaluate, but Spicer said they'll look at crime statistics before and after to see

if the program made a dent. If successful, Spicer said they'll look at expanding it to other coffee shops.

Kelly Irvine, owner of Coburg Coffee, said she thinks her customers will likely notice new sleeves,

at least at first, since there hasn't been a message on them before.

"There's a great big 'Did you know?' on the top of it, so hopefully people will take notice and be interested in it."

Warrant out for robbery suspect

A Canada-wide warrant has been issued for a 34-year-old man wanted for two bank robberies in HRM on Tuesday.

Police say Timothy Edward Walsh is charged with two counts of robbery, possession of a concealed weapon, possession of a weapon dangerous to the public and one count of theft and possession over

\$5,000.

The first holdup was at Scotiabank on Lacewood Drive in Clayton Park, followed by a second robbery at the TD Bank on Portland Street in Dartmouth.

Police say Walsh shouldn't be approached and anyone with information on his whereabouts should contact police or Crime Stoppers. ● METRO



► Police are looking for Timothy Edward Walsh.

News in brief

Laffin murder trial on break

The preliminary hearing for a man charged with murdering a Halifax woman has taken a break until next Thursday.

Stephen Laffin is charged with the second-

degree murder of Nadine Taylor, who went missing in 2010. ● METRO

Story correction

The Canadian Forces' Stadacona facility is actually part of CFB Halifax, not a standalone base. Incorrect information appeared in the Jan. 18 edition of Metro Halifax. ● METRO

Community speaks out against boundary change

► African Nova Scotian riding had 7,680 eligible voters in 2009 election



JENNIFER
TAPLIN
@METRONEWS.CA

The Preston community is voicing its opposition to proposed changes to their provincial electoral boundaries.

"The time has come that we have to stop letting people tell us what to do and how we should do it," said Spencer Colley, president of the East Preston Ratepayers Community Development Association, at a press conference Wednesday.

A recommendation that would remove the protected status of the Preston riding as well as three Acadian ridings is being considered by the Provincial Boundaries Commission in their review. An amendment to the terms of reference for the commission suggest each constituency be within 25 per cent of the average.

"It's important to us because we've had black representation for our community going back to before I was born, municipally, and two in provincial elections as well," Colley said.



"There may not be the tax base that's coming out of other communities, but that shouldn't be an answer, and we shouldn't have to worry about that."

SPENCER COLLEY, PRESIDENT OF THE EAST PRESTON RATEPAYERS COMMUNITY DEVELOPMENT ASSOCIATION

"They're making the boundaries much broader and lessening our chance to get black representation to represent us in government."

Colley said it's possible

the matter could go to court, but as of Wednesday the group hadn't spoken directly to Preston MLA Keith Colwell or anyone else in the provincial government.

"We need to be heard, not spoken to, and need people to come to us. This is the beginning of what we're doing with the issue and from here we'll have more to say," Colley said.

ANTIGONISH

Former bishop dead at 80

Most Rev. Colin Campbell, a former bishop of the diocese of Antigonish, has died after a long illness.

He was 80.

Rev. Paul Abbass, a spokesman for the diocese, says Campbell had serious health problems

for the past few years and died on Tuesday in Halifax.

Campbell was ordained as a priest in the archdiocese of Halifax in 1956 and was appointed bishop of the diocese of Antigonish in 1986.

He stepped down as bishop of the diocese in 2002.

Abbass says funeral details have not been finalized, but the service will be held at St. Ninian Cathedral in Antigonish.

THE CANADIAN PRESS

'Need to see it all': Auditor

Nova Scotia's auditor general recommends the province report all revenues from government agencies in the budget.

In a report released Wednesday, auditor general Jacques Lapointe recommends the government provide revenue estimates for its agencies — such as school boards and district health authorities — as well as the general revenue fund.

"If you want to see, in one place, how much all of the parts of government are going to receive as revenue and therefore how much they'll be able to spend, you need to see it all," said Lapointe. "You have a question (about whether) this is a \$9-billion budget or a \$10-billion budget."

Lapointe said including

all government revenues would increase transparency.

Finance Minister Graham Steele said the resources required to estimate revenues from all government entities outweigh the benefits.

"(This issue) has been around for at least 10 years," Steele said.

"It makes absolutely no difference to government decision making around budgeting. It makes no difference to regular Nova Scotians."

But Steele said the matter needs to be resolved, and he's determined to resolve it. ● ALEX BOUTILIER



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DUKE STREET AT BARRINGTON

NewPage creditor protection extended

► Money-losing mill in Point Tupper was closed in September, throwing 600 employees out of work



► The NewPage mill.

A Nova Scotia judge has granted an idled paper mill in Cape Breton 10 more weeks of creditor protection as a court-appointed monitor tries to finalize a sale of the 50-year-old operation.

Judge John Murphy of the provincial Supreme Court agreed Wednesday to extend the protection for NewPage Port Hawkesbury until March 30. It was set to expire Friday.

Mathew Harris, a spokesman for court-appointed monitor Ernst & Young, says the time is needed to continue negotiations with Pacific West Commercial Corp.

Harris said he hopes to return to court for approval of a sales agreement by

mid-February

Pacific West Commercial has said it intends to restart one of the mill's two paper machines if the sale is approved, but a number of hurdles remain.

"We're on hold," he said. "We're anticipating they will start to talk with us shortly." THE CANADIAN PRESS

must also negotiate deals with the union on a collective agreement and pension. Talks must also be held to discuss wood costs for fibre suppliers.

Harris said talks between Pacific West Commercial and Nova Scotia Power are underway, and if there is a deal on energy rates, it may have to be presented to the Nova Scotia Utility and Review Board for approval.

Archie MacLachlan, first vice-president of the Communications, Energy and Paperworkers Union, said that talks haven't started between Pacific West and his union yet.

"We're on hold," he said. "We're anticipating they will start to talk with us shortly." THE CANADIAN PRESS

Homicide. Suspect



► Jason Whitehead leaves a courtroom at Halifax provincial court in this file photo from December.

本节主要讲了如何通过观察和分析数据，来识别数据中的模式和趋势。

Cabaret death court case adjourned

Whitehead was scheduled to enter a plea in court on Wednesday to a charge of manslaughter in the death of James Philip Mattatall, but the matter was adjourned until Feb. 20. Mattatall was struck and then hit the ground outside the Toothy Moose Cabaret on Arville Street last month and died the next day in hospital.

Fraud suspect to appear in court next month

A Nova Scotia woman who's facing charges of fraud totalling more than \$80,000 will appear in court Friday.

court Feb. 29

Sandra Skinner, 47, was scheduled to appear in provincial court in Bridge-

water on Wednesday to enter a plea on five counts of fraud over \$5,000.

fraud over \$5,00



An outspoken Kim spills the beans



SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

► A rare view of North Korea's ruling family? Copies of journalist Yoji Gomi's new book go on sale in Tokyo Wednesday.

► Does new book expose North Korean family discord?

The eldest son of North Korea's late leader Kim Jong-il appears to have exposed a rare public sign of discord in the secretive family that has ruled the country for decades.

Kim Jong-nam is quoted as dishing the dirt on his young half-brother — the new ruler — and on the regime itself.

A new book claims Kim Jong-nam believes the impoverished regime is in danger of collapse and that his half-brother, chosen to lead, is merely a figurehead.

Since Kim Jong-il's death Dec. 17, North Korea has been led by his

"I have my doubts about whether a person with only two years of grooming as a leader can govern."

KIM JONG-NAM,
QUOTED IN THE BOOK

youngest son, Kim Jong-un.

The book by Tokyo-based journalist Yoji Gomi went on sale Wednesday.

Titled *My Father, Kim Jong-il And Me*, it drew immediate attention as a rare view into the family.

"Jong-un will just be a figurehead," the book

quotes Kim Jong-nam as saying.

It claims he said the collapse of North Korea's economy is likely unless it initiates reforms, which could also bring it down.

"Without reforms and liberalization, the collapse of the economy is within sight," he is quoted as saying. "But reforms and opening up could also invite dangers."

Gomi claims he exchanged 150 emails and spent seven hours interviewing Kim Jong-nam, who was seen as a possible successor until he fell out of favour with Kim Jong-il.

THE ASSOCIATED PRESS

News in brief

Cancer: First, the good news

DISEASE. More Canadians are being diagnosed with cancer due in part to the aging population, but more are surviving the disease over time, a new Statistics Canada study has found.

But StatsCan senior analyst Kathryn Wilkins called it a "good news story": People are living longer with cancer, so obviously it's more prevalent."

Wilkins added: "We found that for all cancers combined, the aging of the population accounts for about half the rise in the rate of prevalence."

THE CANADIAN PRESS

This panel has red tape taped

PAPERWORK. Bring in a new regulation, get rid of an old one.

That's the way to cut red tape, says the government's red-tape-reduction commission.

Its proposal: "Every time the government proposes a new regulation, it must eliminate an existing one."

Paperwork caused by government regulations is said to cost businesses

more than \$30 billion a year.

"If the federal government moves on this, it will show it is very, very serious about eliminating dumb and ineffective rules and improving government customer service," said Catherine Swift, head of the Canadian Federation of Independent Business and a member of the commission.

THE CANADIAN PRESS

Porn industry in condom war



WITHDRAWAL. Porn movie-makers say they'll pack up their sex toys and abandon Los Angeles if officials order every actor to wear a condom.

City council voted for a law that would deny permits to producers who do not comply.

The law now goes to the mayor for approval. But before it can take effect, the council has called for the creation of a committee made up of police and health officials and others to determine how it might be enforced.

THE ASSOCIATED PRESS

Musician on cruise ship died for his beloved violin

DIGITALGLOBE/THE ASSOCIATED PRESS



► A satellite image provided Wednesday by DigitalGlobe shows the Costa Concordia lying on its side off Giglio.

Captain tripped?

► Francesco Schettino, the captain of the ill-fated ship, was quoted as saying Wednesday that he tripped and fell into the water from the listing ves-

sel and never intended to abandon his passengers.

► He was placed under house arrest Tuesday, facing possible charges of manslaughter, causing a shipwreck and abandoning his ship.

pended operations Wednesday after the cruise ship shifted slightly on the

rocks, creating deep concerns for the safety of divers and firefighters.

searching for the missing.

Bad weather also postponed the operation to extract 1.8 million litres of fuel on board, as Italy's environment minister warned of ecological implications if the ship sinks.

A U.S. congressional committee says it will hold a hearing on the safety implications of the disaster.

THE ASSOCIATED PRESS



► Demonstrators march with a replica of a pipeline during a protest against the Keystone XL pipeline outside the White House on Nov. 6, 2011, in Washington.

News in brief

IMF seeking up to \$500B

The International Monetary Fund said Wednesday it's aiming to increase its financial firepower by around \$500 billion so it can issue new loans to help ease a worsening financial crisis.

The IMF has put up about a third of the financing of the eurozone's bailouts. But there are growing worries that non-European countries will also need more help because of the worsening economic outlook.

THE ASSOCIATED PRESS

European crisis affecting Canada: BoC

The Bank of Canada called Europe the biggest threat

to Canada's economy Wednesday, estimating the loss in output this year will be about \$10 billion.

Bank governor Mark Carney said his estimate only represents the bill from Europe's current recession and will be much steeper if the continent is unable to contain its ongoing debt crisis.

THE CANADIAN PRESS

Market moment

TSX	Dollar
+ 94.69 (12,327.52)	+ 0.39¢ (98.89¢ US)
Oil	Natural gas
	\$2.47 US (-2¢ US)
- 12¢ US (\$100.59 US)	Gold
	\$1,659.90 US (+ \$4.30 US)

U.S. rejects Keystone

► Republican presidential hopefuls seize chance to slam announcement

Trapped by an untenable Feb. 21 deadline imposed by Congress, U.S. President Barack Obama rejected TransCanada's proposed \$7-billion Keystone XL pipeline on Wednesday in a

decision his Canadian counterpart greeted with "profound disappointment."

When he called Prime Minister Stephen Harper to break the news, Obama

took pains to point out that TransCanada was free to submit an amended plan — one that would reroute the Alberta-to-Texas pipeline around an environmentally sensitive

aquifer in Nebraska.

TransCanada was not surprised by the announcement, and quickly confirmed plans to submit an amended proposal.

THE CANADIAN PRESS

Market moment

TSX	Dollar
+ 94.69 (12,327.52)	+ 0.39¢ (98.89¢ US)
Oil	Natural gas
	\$2.47 US (-2¢ US)
- 12¢ US (\$100.59 US)	Gold
	\$1,659.90 US (+ \$4.30 US)

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TORIES' NOSES MAY BE A LITTLE OUT OF JOINT

HE SAYS ...

JOHN MAZEROLLE
METRO



The Liberal Party has gone to pot — and I like it. The Grits, their popularity up in smoke, have decided to nip the problem in the bud by legalizing marijuana.

There. Now that I've got every marijuana pun out of the way, I can say that the Liberals' recent decision to add pot decriminalization to its platform is a rare instance when political expediency collides with common sense.

Yeah, the Liberals are Canada's longest-running situation comedy, and need to do something to win back their dwindling audience. But if that desperation leads to an actual common-sense revolution where the War on Drugs is seen as Reefer Madness, then smoke 'em if you got 'em, because I'm in.

I don't even like pot — the smell makes me queasy — but I know the decades-long battle to teach kids about the dangers of drugs is a colossal failure. How? Because I was a kid.

When I was young, all the Nancy Reagan, very-special-Blossom, this-is-your-brain-on-drugs propaganda led me to believe that smoking a joint was on par, health-wise, with enjoying a glass of anti-freeze.

Then I got to junior high and noted with interest that pot-smoking classmates appeared to be fine, save for an apparent inability to comb their hair.

At this point the War on Drugs was useless, because I no longer trusted anything else I had "learned." To this day I have no idea what the relative danger of, say, cocaine actually is. (If it were as dangerous as I was told, you'd notice the crowd thinning over the course of the Oscars.)

Drug education is a lot like those sex-ed classes where they never let on that sex might feel as good as a satisfying sneeze. As you watch a different teacher each year awkwardly describe sex as if it were Basic Tent Assembly, it finally dawns on you: "They're holding back on something *amazing*."

With both sex and drugs, the powers-that-be are withholding the full truth from kids when they need adults' guidance most. That's nothing short of irresponsible.

So, if any kids are reading this, tell your friends: Criminal charges aside, pot looks kind of fun.

I've seen angry, puking, bawling alcohol drinkers pretty much every week of my life, but in my experience the predominant symptom among pot smokers is a good-natured sleepiness. Do we really need the government's War on Naps?

And let's not forget that the Conservatives are planning to make our marijuana laws even tougher. On the slim chance that they ask you if you agree with their approach, remember your training, kids.

Just say no.

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Read more of John Mazerolle's columns at metronews.ca/hesays

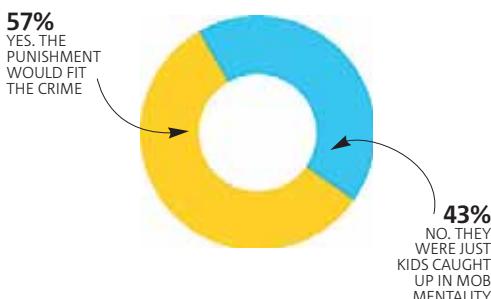


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Should Stanley Cup rioters be sentenced to jail time?



Local tweets



► @shaunma-junder: Is that minus 50 deg weather from

out west coming to halifax? It's practically spring here! Plus 7 here.

► @Engibeer17: weather in #halifax today is so nice I didn't wear a jacket back from school.. are we sure we didn't skip January and February?

► @DiamondsWithaZ: So it's summer outside... That's cool, I guess? #Halifax #globalwarming

► @morgmacd: Halifax is known for its warm weather and low crime rates #FactsWithoutWikipedia

► @gregglemuffin: The weather in #Halifax can't decide what it wants.. #idontmind

Daily Zoom



Deep purple

Desert becomes magic carpet

MOJAVE DESERT, UTAH. Every five years or so, this isolated expanse of Utah desert is magically transformed into a meadow of purple wildflowers. Scorpionweed carpets this section of the Utah badlands only when there's a rare combination of winter rainfall and sunshine within a narrow time frame. ● MWN



“Five years after conceiving the image, I was at last able to capture it. I had the dramatic backdrop of a thunderstorm — an especially rare event in these parts.”

GUY TAL
PHOTOGRAPHER

Scorpionweed

► It has this name for a reason. Its flowerhead looks like a scorpion's tail and it leaves a nasty rash when touched.

► How the photographer saw it. “Each day the patchwork of colours shifted from purple to yellow and changed until, just a couple of short weeks later, the place was again barren.”

HANDOUT



► Canadian singer-songwriter Lights describes her latest album as being a little bit raw.

Drive into a blinding light

With two feet back on earth, Drive My Soul singer Lights making a tour stop in Halifax

BACKSTAGE PASS

JENNA CONTER
METRO HALIFAX



The music industry, like life, has a learning curve. Though sometimes it's too steep for most to get a secure footing, Canadian-born singer-songwriter Lights seems to be coming at the challenge with a pickaxe.

it's too steep for most to get a secure footing, Canadian-born singer-songwriter Lights seems to be coming at the challenge with a pickaxe.

"It's a long process of discovery," she tells me by phone.

"I want to create new sound and find out what grabs your ear and gets you excited."

Discovered and currently managed by CBC celebrity Jian Ghomeshi, the 24-year-old made her presence known with her first album, *The Listening*, in 2009.

The video for her debut single, *Drive My Soul*, took fans on a musical journey through outer space. Inspired by science fiction and retro inter-

Details

Where and when is the show?

► The show Lights is performing a sold-out show at the Rebecca Cohn Auditorium on Friday at 8 p.m.

galactic movies, Lights focused on bringing it back to earth for her sophomore album.

"The music on my first album was perfect and in

its place," she says.

"The new record turns that on its end and shows the underbelly and the grittiness."

With *Siberia*, which dropped back in October, Lights loosened the reigns opening up the studio to collaborations with Toronto-based electronica band Holy F-ck and rapper Shad.

"Once I got the chance to get my 'perfect' album out of my system, I wanted to make things sound a little bit raw," Lights says, recalling her years of making recordings in her

basement.

"You get tired of hearing everything so perfect and you want to hear a little life in it again."

With elements of dub-step and hip-hop mixed with the innocent nature of Lights' voice, *Siberia* proves Lights continues to carve her own path.

"After spending time on the road and building confidence with my first album, I'm able to bring out something new and exciting in my craft," he says.

"Maybe that'll be something else in the next album."

Ladies Love



After seven years with a no-host format, the Grammys will have an emcee — LL Cool J. The Grammy-winning rapper says his hosting duties are a dream come true.

THE ASSOCIATED PRESS



Jessica Alba keeps it 'Honest' with e-commerce business selling eco-friendly family products.

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Buffy's balancing act

► Sarah Michelle Gellar talks about returning to work after being a stay-at-home mom for two years, and how TV roles suit her lifestyle

 **NED EHRBAR**
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

Sarah Michelle Gellar made her name in television — with seven seasons of Buffy the Vampire Slayer — before heading to film and then bowing out of entertainment entirely to start a family. Now she's back on small screen with Ringer, and it's a move she's been considering for some time.

"I realized at a certain point that you have to dip your feet back in or it gets really scary," she says. "The longer you wait to go back in the harder I think it gets, just emotionally to go back. I hear stories from people that go back to work when their children are younger and they think that transition's then a little bit easier because it's all they've ever known, but I have known being at home for two years — almost two years — that it gets harder when you don't quite understand how it's all going to work, how you manage both lives."

Gellar explains that the idea of taking film jobs and heading off to locations was no longer an option for her. "I have a young child



► Sarah Michelle Gellar stars in the TV series Ringer.

and I took time off when she was born, and that was the first time pretty much in my entire life that I had taken time off and I couldn't believe how happy I was and how satisfied that I was," says Gellar, who has a daughter with husband Freddie Prinze Jr. "Being a parent is so important to me, and I just couldn't be the parent that goes from

country to country and leaves their child or schleps their child. It just wasn't the life that I wanted for my family." Gellar is quick to add, though that she's not judging or criticizing any other actress' parenting decisions.

On Ringer, Gellar pulls double duty as twin sisters Bridget — a recovering addict and ex-stripper — and

**Gellar's a
Twi-hard**

► "I have not seen the Twilight films. I read the books and I loved them. I thought they were great and it really surprised me because I thought, 'Vampire story, like ... OK,' but I loved it," says Gellar.

Siobhan, a wealthy socialite who goes missing after going overboard on a boat trip. Plenty of complications ensue as Bridget poses as Siobhan while on the run from the mob.

Of course, the other major draw of television brings Gellar back to being a parent. "I realized, 'Wait a second, I can be somewhere the entire year, I can [be there] when I need to take my child for the first day of school,'" she says.

"Two weeks ago, my daughter was very sick and I got to go home and be with her and we were able to work around it so that I could be there when she needed me."

"As soon as she was getting better I could come back, and that's just not a lifestyle that's really offered anywhere else."

A new view on Chelsea

► Chelsea Handler's new sitcom has her playing her sister

 **AMBER RAY**
SCENE@METRONEWS.CA

In Are You There, Chelsea? — the new sitcom based on Chelsea Handler's best-selling books — Laura Prepon plays Chelsea Handler and Chelsea Handler plays her sister Sloan. In real life, she isn't actually named Sloan — but that was changed, the comedian says, "for legal reasons, so that my own family can't sue me." Got that?

"I've been living this life for a long time, and I'm over myself. And it's a pleasure to play my sister, because everything I've been accusing her of my whole life, I can now re-enact before her eyes. She's thrilled, surprisingly," Handler said while promoting the sitcom at the Television Critics Association press tour in Pasadena, Calif., last week. "But, yeah. It's a lot more fun for me to play her than it would be to play myself. It's a lot more challenging anyway."

"Challenging" is a good word to describe the sitcom and its place on broadcast television — like most of Handler's material, the pilot is heavy on raunchy sex jokes and references to drinking.

The title of the show, in fact, used to be Are You There, Vodka? "Well, some people like tequila, you know. Some people like beer. Not everybody likes vodka," Prepon joked about the title change. "We don't want to discriminate," Handler added, then more seriously said, "We just thought Are You There, Chelsea? is a really kind of



► Chelsea Handler

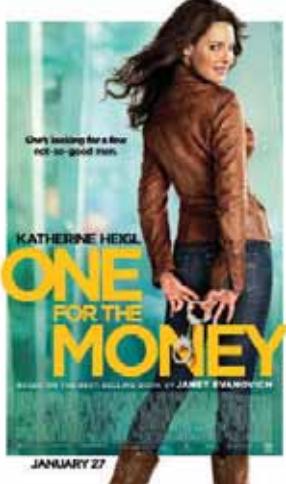
play on 'Am I there? What am I thinking?"

That's exactly what Chelsea asks herself in the pilot, which opens with the character getting a DUI and realizing she's got to make some changes in her life.

"You realize there are some consequences to things that you do," Prepon said. "[Chelsea] is ballsy and brash and not PC, and people are gonna love that about her, because I think that people relate to flawed characters."

How real-to-life is Chelsea?

"I was probably angrier than she is in the show, which we thought wasn't palatable," Handler said of sitcom's Chelsea. "I went through my 20s in a way that not a lot of people do. I kind of barreled through them with no rhyme or reason or repercussions for anything. And there's definitely an essence of that."



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OK there Marky Mark, calm down

► Wahlberg claims he would have landed 9-11 plane, if he were on flight

It looks like Mark Wahlberg has spent a little too much time talking tough on movie sets. In an interview with Men's Journal, the actor claims that if he was onboard a hijacked plane on Sept. 11, things would have ended differently.

(Before we get started, some fun facts about Mark Wahlberg: He's 5-8 and doesn't have a pilot's license.)

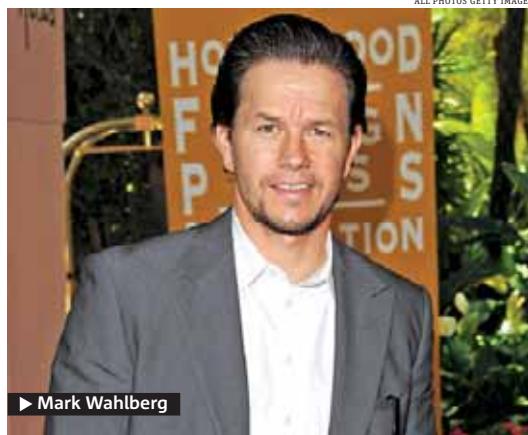
"If I was on that plane with my kids, it wouldn't have went down like it did," says the actor, who

had purchased a ticket for one of the planes that crashed into the World Trade Center but changed his travel plans.

"There would have been a lot of blood in that first-class cabin and then me saying, 'OK, we're going to land somewhere safely, don't worry.'

Oh, Mark. In the real world, saying heroic things in a Southie Boston accent doesn't magically kill the bad guys.

● MONICA WEYMOUTH; DOROTHY ROBINSON WILL RETURN TOMORROW



► Mark Wahlberg

Depp's situation 'so sad'

While they've lived happily for more than a decade away from the spotlight in France, Johnny Depp and Vanessa Paradis' relationship is reportedly "all but officially finished," multiple sources tell People magazine.

A main reason for that, the sources say, is location, as the couple — parents to children Lily-Rose, 12, and Jack, 9 — has been residing in Los Angeles more and more often.



Some close to Depp and Paradis claim the couple has already split up.

"It's so sad," a source says. ● METRO

Lohan a high-end hooker?

Lindsay Lohan is facing yet another lawsuit, but chances are she's not too concerned about this one.

Thomas Green, a former Marine, is suing the actress for \$300,000 for "unfair business practices," claiming that Lohan led him to believe she'd help him with an online business he wanted to start, according to TMZ.

The site refers to Green's filing as "12 pages of incomplete, incoherent



gibberish." In it, Green speculates that Lohan is a high-end prostitute. ● METRO

Celebrity tweets



Texted a friend: "What time's Dennis' surprise party?" Dennis texted back: "Guess it's just a party now."



@jimmyfallon



@sarahksilverman
Jesus would be bummed about the Vatican being all filled w riches that could feed the world (but doesn't)



@ParisHilton
In the studio working on new music. Love being creative.



@SteveMartinToGo
My vow: if I can't think up anything interesting to say, I will say it on Twitter.

RiRi 'hooking up' with Chris Brown?

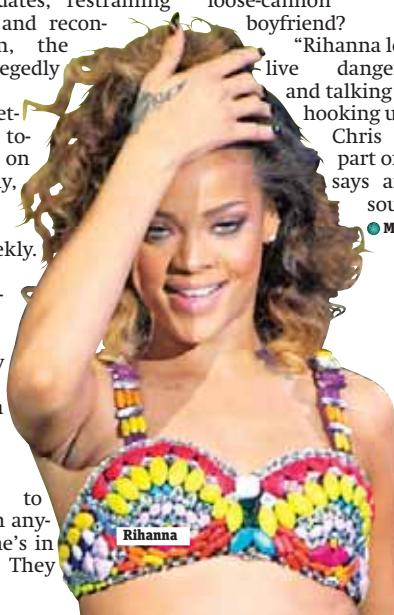
It's been nearly three years since Chris Brown's infamous assault of girlfriend Rihanna, and after all the court dates, restraining orders and reconciliation, the two allegedly have been getting together on the sly, according to Us Weekly. Brown and Rihanna "meet up very casually," a source says.

"She comes to see him anytime she's in L.A. They

can't get enough of each other. I don't see it ending well."

So what's the draw of a loose-cannon ex-boyfriend?

"Rihanna loves to live dangerously, and talking to and hooking up with Chris is all part of that," says another source. ● METRO



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life

Style
pick**The bright pack**

It's tangerine, made from PVC and waterproof. And no, it's not high-vis workman's wear or a niche, fetish trend. It is, however, a Comme des Garçons' courier bag that gives two fingers to the January depression, while offering all the practicality of some dreadful, conference-freebie satchel. This sunny number will last you through the winter and it'll still be on trend come summer.

● MWN



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Adrien Brody leads a cast of actor-models in Prada's menswear show.

The long and the short of it

► Just because we're knee-deep in winter, doesn't mean we have to resign ourselves to heavy jeans and corduroys ► Take your fave maxi skirt from the summer, pair it with a shrunken sweater and throw on some woolly tights and boots ► It's your new chic-and-cosy, cold-weather look



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MADEWELL
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**REBECCA
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runway pullover
► \$350, rebeccataylor.com



ADAM LONG
Long-silk-
chiffon skirt
► \$295, shopadam.com



Hanneli Mustaparta expertly nailing the look in New York.

● MWN

Jeanne Space

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.



@Jeanne Beker: 2012 is the Year of the Dragon. Dragons are unafraid of challenges + like to take risks. What's the gutsy-est fashion move you've ever made?

- @chrissjallaire: Wearing fur in my small hometown. Death wish (but yet I live!)
- @qualityslippers: When I was sixteen I wore a unitard to a Sex Pistols concert.
- @talakamea: Enrolled in the MA Fashion prgrm @RyersonFashion. Gonna be 1 of the first prgrm grads! My research: the sound of clothing.
- @AgendaLV: A top hat with Harley boots.

TUNE INTO FASHION TELEVISION EVERY SUNDAY AT 5:30 P.M. (ET) ON CTV.
JEANNE BEKER'S FINDING MYSELF IN FASHION (PENGUIN) IS AVAILABLE IN BOOKSTORES NATIONWIDE.



► In one of my gutsy get-ups...as Pierot, to promote Fashion Cares in 2002. Costume by Izzy Camilleri.

Your facial resolution

Sorry guys – party season's over As you start the food detox, consider giving your facial regimen a good cleanse as well Here are a few top products to help you get started

Yes, it's January and now is the time for some restraint. Boring, we know, but all those fatty, dairy-filled products and alcoholic tipples have all had a detrimental effect on your skin. The common signs of over-indulgence (aside from the bloated belly): a blotchy complexion, dry skin, dark circles and, yes, zits. These reliables will combat them all.

RICHARD PECKETT
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON



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MALIN + GOETZ
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cream
► \$72, malinandgoetz.com



KYOKU
SKN-FC 677 pore
reducing serum
► \$44, kyokuformen.com



CLARINS
active face scrub
► \$20, clarins.com

Grooming pick

Hair raiser

Most guys want hair that doesn't look too perfectly coiffed. Girls, never go for a guy who swoons over his own reflection. That's what makes Bumble and Bumble's undressing crème the perfect compromise. It'll give your hair a playful, sexy texture without the fussy, prissiness.

● RICHARD PECKETT



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Brightening up for spring

► Karl Lohnes checks out the latest trends from CB2 ► Help your home decor beat the winter blahs

DESIGN CENTRE



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From runway to home fashions there is one thing for sure this spring, colour is on its way! Bright and cheery, they are being used not only on small accessories, but on furnishings, lamps and flooring also.

Three of the hippest colours you'll see at CB2 are turquoise, orange and lime. When used as shots of colour you can add a wake-up colour punch to

any room.

Punchy furniture: Adding colourful fabric to a headboard, chair or ottoman is a great way to inject not only colour, but pattern into a room. Just one piece can inject giant personality to a room so be judicious as to how much you add.

If reupholstering furniture then spend good bucks to have it done right; not only will the fabric be admired but so will the workmanship.

Colourful lighting: Whether it be a boldly coloured lampshade or a base, the best accessory this season is a coloured lamp.

Don't want to get rid of your current lamps? Try recovering the existing lampshade with a

Bold flooring

From pattern to plain, carpeting for spring is about creating a statement.

- Simple bold shapes and bursts of colour seem to be everywhere, but I like a simpler approach to colour by keeping the pattern plain.
- A colourful rug in the bath or beside the bed can help to wake up a room.
- Use floor tiles to mix and match your colours while keeping it very affordable.
- Tip: trends should be bought and easily replaced when new ones come around.

trendy-coloured wallpaper or fabric for fun.



The Hancock Bookcase
(shown in Clover, \$229)
adds simple modern
flair to any room.



► Just a few colour-trend pieces can help wake up a neutral room. Parlour Bold Chair, \$899, CB2.

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► Salt is enjoyable on french fries — not on leather boots.

CHARLES THE BUTLER



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Although I am still travelling and am now in the Philippines, I have received numerous emails on how to deal with the salt stains on leather boots.

DEALING WITH THOSE SALTY WINTER BOOTS

With Old Man Winter in full swing this is a source of irritation for both men and women.

The good news is that this is relatively easy to deal with.

The only issue is staying on top of it. If you don't remove the salt regularly, you will run the risk of it permanently damaging your boots.

1. With a damp rag, re-

move any excess dirt on the leather boot

2. Spray 100 per cent white vinegar on a rag or microfibre cloth and wipe the leather area of the boot, removing the salt
3. If you cloth gets dirty continue step 2 with a fresh clean cloth.

It's as simple as that, folks. I learned this trick from the shoeshine booth at the Waldorf Astoria ho-

tel in New York City and it has never failed me.

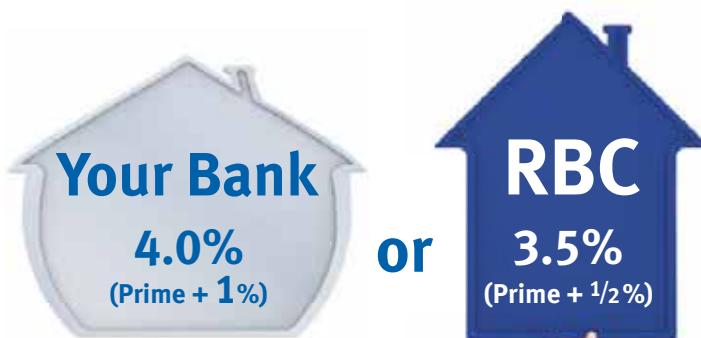
Oh, and for those of you who are very particular, the vinegar packs from fast food restaurants are great when you're out and about and want a quick polish before a business meeting or dinner date!

HAVE A QUESTION? SEND A MESSAGE TO ASKCHARLESBUTLER@METRONEWS.CA



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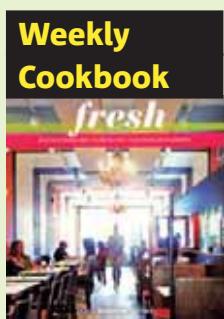
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Fresh, the award-winning Canadian restaurant chain, is known for serving up meatless meals made from all-natural ingredients, full of exotic flavours and energy-boosting nutrients.

In their new book, *fresh*, founder Ruth Tal and co-owner and head chef, Jennifer Houston, share recipes from their enticing, healthy menu.

Among the eats included are: Quinoa Onion Rings, Kale and Oyster Mushroom Salad, Sunflower Sandwich, Avocado Cashew Banana Smoothie and more.

Veg your bets on health

► Think you're getting enough veggies in your daily diet? ► New study suggests otherwise



**CELIA
MILNE**
LIFE@METRONEWS.CA

C'mon guys. Eat your vegetables.

Most of us still don't eat enough fruits and vegetables to fend off major diseases, according to a new study done at Concordia University in Montreal. In particular, men, smokers



► Quebec comes tops veggie consumption.

and those with low incomes are at risk.

The World Health Organization has reported that eating five servings daily of fruit and vegetables helps in preventing diabetes, obesity, stroke and high blood pressure. Canadians, on average, fall just short of that.

"This study emphasizes the importance of eating sufficient fruits and vegetables," says lead author Mesbah Sharaf, a PhD candidate at Concordia. "It helps to identify the groups that need to be targeted for nutrition promotion policies aimed at encouraging fruit and vegetable consumption."

Sharaf and his team used a sample of 93,719 people from the 2007 Canadian Community Health Survey. They used

statistical models to find out what lifestyle factors determine fruit and vegetable consumption.

The groups that need to work on healthier nutrition habits are those with a low income, those with low education, males, middle-aged people, singles, smokers, people with weak social interaction and adults who live in households with no children.

Quebec, which has a long history of farming, came out on top for fruit and vegetable consumption, compared to other provinces.

West vs. East

We're supposed to eat our fruits and veggies at least five times a day for best health. But do we? A new Canadian study shows eastern provinces lag behind.

- Canadian average
4.95 times a day
- Quebec
5.5 times a day
- British Columbia
4.9 times a day
- Alberta, Saskatchewan, Manitoba and Ontario
4.8 times a day
- Atlantic provinces
4.4 times a day

Muffuletta Condiment



Preparation:

- 1 Finely chop green and kalamata olives, artichokes, sun-dried tomatoes, onion, capers, garlic and anchovies. Place in a bowl and stir to com-

bine. Add oil, sambal oelek, vinegar, rosemary, parsley, oregano and pepper; stir again. Season with salt and pepper.

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- 2 anchovy fillets
- 50 ml (1/4 cup) olive oil
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- 5 ml (1 tsp) balsamic vinegar
- 15 ml (1 tbsp) chopped fresh rosemary and parsley
- 1 ml (1/4 tsp) dried oregano
- 1 ml (1/4 tsp) freshly ground pepper
- Sea salt and ground pepper, to taste



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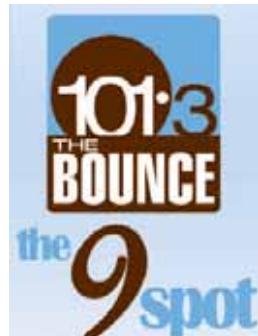
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Top 5: January 18th

- 5 Rihanna
We Found Love
- 4 LMFAO
Sexy & I Know It
- 3 T-Pain Ft Lily Allen
5 O'Clock
- 2 Drake
Headlines
- 1 Bruno Mars
It Will Rain



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The dress is everything, according to Veronica Di Santo-Abramowicz, managing partner for wedding dress atelier Ines Di Santo, based in Toronto. "If you feel great in it, that's all that matters."

Ines Di Santo makes dresses to suit many different tastes and shapes, explained Di Santo-Abramowicz.

She outlined a few looks to watch out for in the coming year.

Less is more: Wedding dresses in 2012 will be less over-the-top and more understated elegant.

"Something more inspired by the royal wedding," said Di Santo-Abramowicz — tailored and regal, but not ostentatious.

The mermaid: Trends in skirt shape will be diverse. Fitted to the knee and then flared, the mermaid dress shape is an Ines Di Santo favourite and creates a curve-hugging body shape, said Di Santo-Abramowicz.

Illusion necklines: "We're seeing a turn away from the strapless," she explained. Instead, brides are gravitating toward illusion necklines — strapless dresses that are connected over the shoulders by sheer tulle. There are many different illusion neckline shapes to play with, said Di Santo-Abramowicz. It also provides more support than a strapless gown, and may be considered more appropriate in some religious settings because of its coverage.



the wedding dress, said Di Santo-Abramowicz, but other fabrics, like tulle, are making a comeback. An airy Italian silk tulle skirt is perfect for the bride who

wants to make a statement but retain a classic silhouette, she said.

The full princess gown: Alternatively, some 2012 brides-to-be are choosing ball gowns worthy of Cinderella — voluminous dresses with skirts that jut from the waist or hips.

For any dress, couture to second-hand, the most important thing is to stay true to your personality, said Di Santo-Abramowicz.

Creations from wedding dress atelier Ines Di Santo. Far left: Ivory Alencon lace fit-to-flare gown with cameo pink underlay featuring a bateau neckline off-the-shoulder sleeve and dramatic lace bow at back; and Off White Italian Lace and Tulle sweetheart strapless ball gown with asymmetrical multi-layered skirt and floral appliques with a beaded belt at natural waist.

PHOTOS COURTESY INES DI SANTO

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NICK PEARCE/DALHOUSIE ATHLETICS

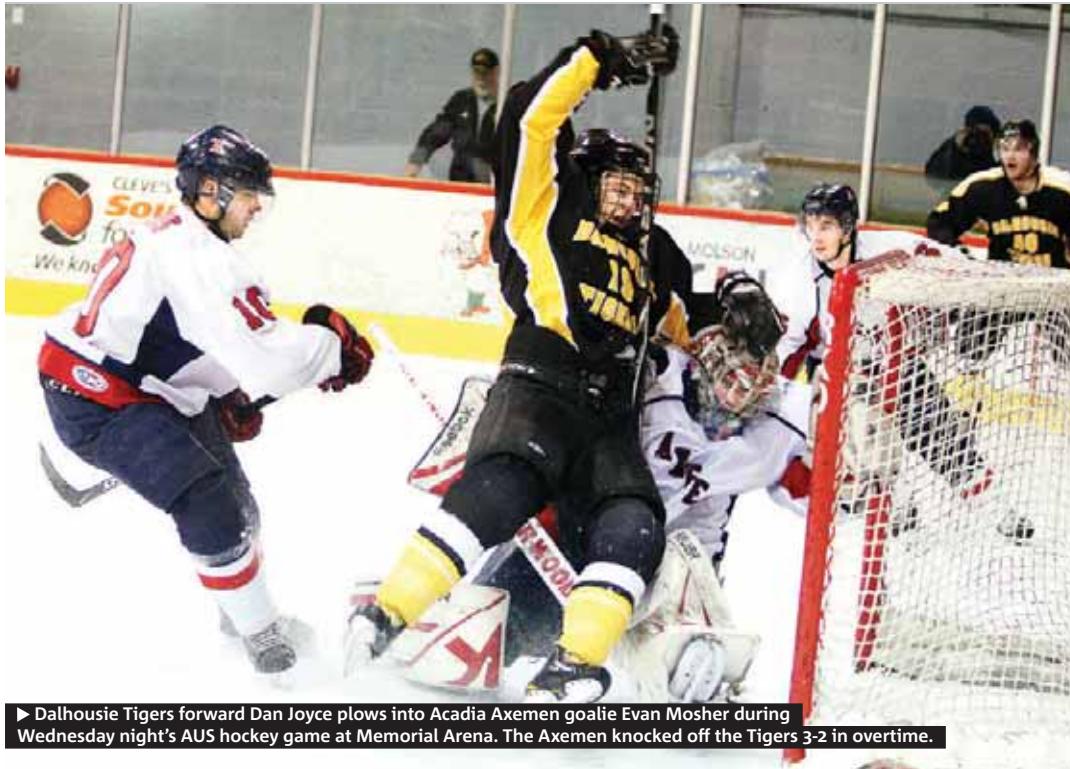
CASEY FOX, PICTURED, AND STEPHEN LOPEZ HAD TEAM-HIGH 14-POINT NIGHTS BUT THE DALHOUSIE TIGERS CAME UP SHORT IN A 79-66 LOSS TO THE NATIONALLY-FOURTH-RANKED ST. FRANCIS XAVIER

X-MEN IN ATLANTIC UNIVERSITY SPORT MEN'S BASKETBALL PLAY ON WEDNESDAY NIGHT IN ANTIGONISH. ON THE WOMEN'S SIDE, DALHOUSIE LOST A 62-60 HEARTBREAKER

TO ST. F.X.

CAILIN CROSBY HIT FOR 17 POINTS WHILE RACHAEL HARRISON NAILED FOUR OF NINE THREE-POINT ATTEMPTS FOR 16 POINTS.

► Dalhousie earns point in 3-2 overtime loss to Acadia to continue push for playoff spot ► Tigers have earned seven of a possible 10 points in new year ► Trail sixth-place St. Francis Xavier by just three points



► Dalhousie Tigers forward Dan Joyce plows into Acadia Axemen goalie Evan Mosher during Wednesday night's AUS hockey game at Memorial Arena. The Axemen knocked off the Tigers 3-2 in overtime.

Tigers not out of it just yet



MATTHEW
WUEST
@METRONEWS.CA

The Dalhousie Tigers are ringing in the new year with an improbable push for the Atlantic University Sport men's hockey playoffs.

The Tigers, who lost 3-2 in overtime to the Acadia Axemen on Wednesday at Memorial Arena, have gone 3-1-1 since Chris Donnelly took over as head coach on Jan. 3 and accumulated seven of a possible 10 points.

Suddenly, the team that lost an unthinkable 11 straight games heading into the holidays is just three points out of a playoff spot.

"We're looking at it as a new season," said Tigers captain David MacDonald.

"The atmosphere's different around here. Everyone's working together and we're coming together as a team, and that's what we need to keep doing. We knew coming into the second half that we weren't out of it."

The Tigers served notice on Wednesday they're no longer doormats, out-shooting second-place Acadia 33-25 in a fast-paced, hard-fought contest. The Axemen had 1-0 and 2-1 leads, but MacDonald scored both of the Tigers'

goals on heavy one-timers to force overtime. After numerous Dal chances, it was Acadia's Andrew Clarke who got behind the defence to win it at 4:02 of extra time.

"We played really good against a top team," said MacDonald, who transferred from perennial contender Saint Mary's last summer for academic reasons. "It's a tough break at the end, but I like the way we're playing."

The Tigers are again

Big weekend

The Dalhousie Tigers' season could come down to this weekend's home-and-home set with the cross-town Saint Mary's Huskies.

► The Huskies, who lead the season series 2-0 and are fourth overall, visit Memorial Arena on Friday at 7 p.m. before hosting them on Saturday at 7 p.m. at the Halifax Forum.

Scan code for
more sports.

'Pep' puts Lightning game in perspective

As important as Thursday's matchup between the Halifax Rainmen and London Lightning is in terms of the National Basketball League of Canada standings, Josep 'Pep' Claros won't call it a "big game."

"It's not the final of the league or the world championship ... It's just a normal game, it counts the same," said the Rainmen head coach. "If we win it's only one more win. I don't see it as any different."

The Rainmen (14-5) are tied for second behind London (18-5) but have lost all three matchups with the Lightning. A win on Thursday would put them just a game out of top spot.

Halifax has 17 games remaining to London's 13.

With playoff success the Rainmen's ultimate goal, Claros is keeping it in perspective.

"I understand for the crowd and the team it's good (to beat them) because we've lost three games against them," he said. "But we can lose six games against them (in the regular season) and still beat them 3-0 in the playoffs."

Tip-off is 8 p.m. at the John Labatt Centre in London, Ont. ● METRO

MLS club invests in Halifax standout

Major League Soccer's Vancouver Whitecaps added Halifax's Liam Elbourne to their residency program on Wednesday.

Elbourne, a 16-year-old mid-fielder, is a provincial team standout who won the Golden Boot award as top scorer at last year's Canadian under-15 championship and saw time in the EastLink Premiership with Halifax City.

He was one of four players added to the residency, a full-time, fully-funded development program designed to groom players for MLS. ● METRO

**Sports
in pictures**

PHOTOS
1. ELSA/GETTY IMAGES FILE
2. DOUG PENSINGER/GETTY IMAGES FILE
3. JEFF GROSS/GETTY IMAGES FILE
4. JONATHAN DANIEL/GETTY IMAGES FILE

**1**

Tim Tebow is expected to make a full recovery, without surgery, from rib, lung and chest injuries he sustained in the Denver Broncos' AFC division loss to the New England Patriots last weekend. ESPN first reported Wednesday that Tebow got hurt on a third-quarter tackle during Denver's 45-10 loss. **THE ASSOCIATED PRESS**

2

The St. Louis Blues have rewarded goaltender Brian Elliott for being named an NHL all-star. The Blues signed the veteran goaltender to a two-year contract Wednesday reportedly worth \$3.6 million US. **THE ASSOCIATED PRESS**

3

David Beckham is staying in Los Angeles for another two years after signing a new contract with the Galaxy on Wednesday. **THE ASSOCIATED PRESS**

4

Edmonton Oilers coach Tom Renney says Taylor Hall is doubtful for Thursday's game against the St. Louis Blues. Hall sat out Tuesday's game after cutting his head when he accidentally made contact with a teammate during pre-game warm-ups. **THE CANADIAN PRESS**

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Raonic moves on to 3rd round

Milos Raonic reached the third round of the Australian Open for the second straight year as the 23rd-seed Canadian beat Germany's Philipp Petzschner 6-4, 5-7, 6-2, 7-5 on Thursday.

The 21-year-old from Thornhill, Ont. struggled to

close out the win in the same venue where he first began his surge to the ATP top-25.

Raonic was frustrated against the 63rd-ranked Petzschner. As he tried to serve out the victory leading 5-4 in the fourth set, a wide line call drew Raonic's

ire. He went on to lose the game.

But Raonic bounced back to break, 6-5 and fired an ace to save a break point in the 12th game. Raonic fought through to finally closed Petzschner after nearly three hours.

THE CANADIAN PRESS



MARK BAKER/THE ASSOCIATED PRESS

► Milos Raonic

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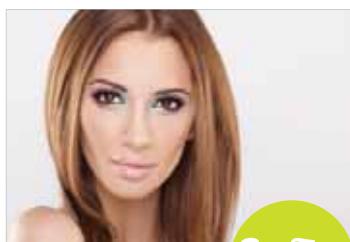
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Tenders

Tenders

MAINTENANCE AND MINOR IMPROVEMENT SERVICES ON MARRIED MILITARY QUARTERS AT 14 WING GREENWOOD, NOVA SCOTIA

As a Special Operating Agency of the Department of National Defence (DND), the Canadian Forces Housing Agency (CFHA) is responsible for managing DND family housing, including the provision of maintenance and minor improvement services.

Defence Construction Canada (DCC), on behalf of the CFHA is calling for the submission of tenders for maintenance and minor improvement work on family housing units at 14 Wing Greenwood, Nova Scotia. The work will be done under Standing Offers (SO) on an "as requested" basis. The SOs will be in place from **April 1, 2012 to March 31, 2014** (two years), with an option to extend for two additional one-year periods.

SOs will be established for maintenance and minor improvement work in the following trades: tile, resilient sheet flooring and carpet, carpentry, roofing, plumbing, electrical, hardwood floors, cleaning, painting, concrete and asphalt, grass cutting, landscaping and tree service, pest control, snow removal, and heating, ventilation and air conditioning (HVAC). Firms that consider themselves qualified to provide residential housing maintenance and minor improvement services, are invited to contact DCC at Tel: (902)765-1494 ext. 5436 to obtain the list of work packages.

Those wishing to obtain the tender documents for providing any of the packaged residential housing maintenance and minor improvement services must place an order with MERX by logging on their website: www.merx.com or by calling 1 (800) 964-MERX (6379).

THE TENDER DOCUMENTS WILL BE AVAILABLE ONLY THROUGH MERX DISTRIBUTION.

The tender closing date is: **February 7, 2012** for all packaged services projects

The tender closing time is: **14:00 hours**, local time, for all packaged services projects

Sealed tenders will be received at the following location:

DCC Greenwood Site Office

Hangar 5
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Nova Scotia
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Miscellaneous

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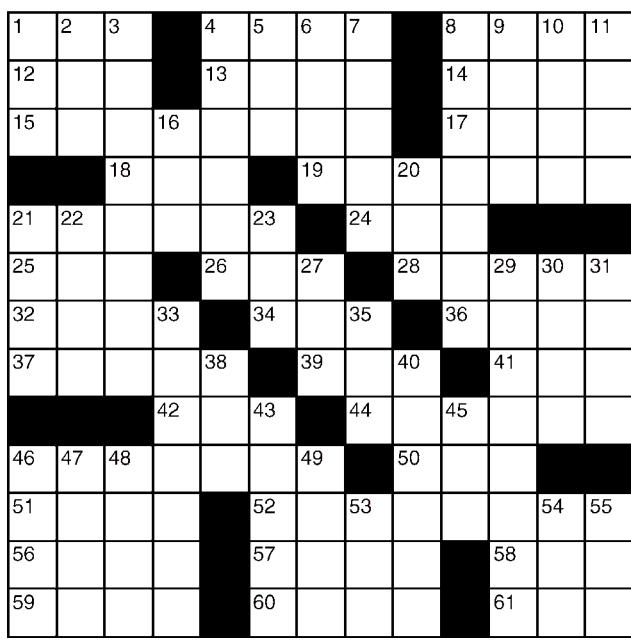
Crossword

Across

1 Vacationing
4 Wasn't colorfast
8 Ohio nine
12 Neither mate
13 Ethereal
14 List-ending abbr.
15 Blackmailer's task
17 — mater
18 Barracks bed
19 Apparent
21 Incalculable
24 Witness
25 Island neckwear
26 Conclusion
28 Door fastener
32 Corner
34 Do sums
36 Salver
37 Cancel
39 "the season..."
41 Cleo's slayer
42 Calendar abbr.
44 Type of raincoat
46 Vanquish
50 Director's cry
51 Stead
52 Double-take, e.g.
56 Actress Jessica
57 Barn roof decoration
58 Sphere
59 "Hey, you!"
60 Eastern potentate
61 PBS funding org.

Down

1 Individual
2 "Family Guy" airer
3 Bit
4 Fight
5 Roman 52
6 Cupid's counterpart



7 Units of force
8 Beef, e.g.
9 Needle case
10 "Phooey!"
11 Smeltery refuse
16 Bill's partner
20 Conger or moray
21 Radius neighbor
22 Element no. 10
23 Modern-day evidence
27 Old insecticide
29 Tension caused by pulling
30 Moolah
31 Syringe, for short



Today's horoscope

Aries March 21-April 20

There is a luck factor working in your favour at the moment, but you still have to work hard.

Taurus April 21-May 21

Start making new career plans today. Get ahead and make sure you stay ahead.

Gemini May 22-June 21

The planets are very much on your side at the moment, so don't be afraid to take a few risks.

Cancer June 22-July 22

Someone may sound sincere but according to the planets, he or she is trying to trick you into believing something that is simply not true.

Leo July 23-Aug. 23

Partners may seem more dominant than usual today, but the only power they have over you is the power you give them.

Virgo Aug. 24-Sept. 22

If you want to be on top of your game today, a positive mental attitude is an absolute must.

Libra Sept. 23-Oct. 23

This is potentially a great time of the year for you but you've got to be way more upbeat.

Scorpio Oct. 24-Nov. 22

If you poke your nose where it is not wanted today, you run the risk of losing a friend's support.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sagittarius Nov. 23-Dec. 21

The Sun soon moves into one of the better areas of your chart and money worries won't be a burden.

Capricorn Dec. 22-Jan. 20

If you have been looking to end an association that has become a bit of a burden, now is the time.

Aquarius Jan. 21-Feb. 18

Life's pace is about to pick up on every front, but that's OK because you have been operating well below capacity in recent weeks.

Pisces Feb. 19-March 20

There's danger in deciding to take the easy way out of a dilemma. Don't do it.  SALLY BROMPTON

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Today



Friday



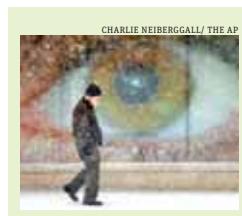
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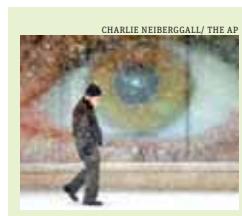


You write it!



Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Thursday's Metro.

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